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MONTHLY

INDUSTRIAL NUTRITION SERVICE

U. S. DEPARTMENT OF AGRICULTURE
CURRENT SERIAL RECORD
JAN 5 1946

For employee publications, and individuals and groups promoting nutrition education

WAR FOOD ADMINISTRATION, Office of Distribution
Industrial Feeding Section
150 Broadway, New York 7, N. Y.

March, 1945 No. 6

FOOD OPERATORS OBSERVE JERSEY CAFETERIA

Food preparation in the kitchen and service lines at the cafeteria of the Office of Dependency Benefits, Newark, New Jersey were observed by food operators of the Industrial Nutrition Committee for Essex and West Hudson Counties at their last meeting.

The cafeteria, which serves several thousand meals per day, is operated by the Howard Johnson Co.

Maintenance of four counters for hot dishes and one for sandwiches and salads makes for quick and orderly food service. To keep the service lines moving quickly, mimeographed copies of the day's menu are made available to employees of the office in advance.

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CONNECTICUT MEETING

Meal planning under wartime conditions, rationing regulations, and personnel problems were discussed at the second meeting of the Nutrition in Industry Committee of the Connecticut State War Council. The meeting was held at the cafeteria of the Edwards Company, Norwalk, Connecticut

WAR PLANT NUTRITION PROGRAM SUBJECT FOR HEALTH COMMITTEE

A program relating to war plant nutrition has been planned for the next meeting of the Health Section of the Industrial Nutrition Committee for Essex and West Hudson Counties of New Jersey to be held Wednesday, March 28 at 1:30 P.M. at the Academy of Medicine, Newark, N. J.

"The Relation of Industrial Toxins to Nutritional Needs of the Worker" and "Determining Nutritional Deficiencies in Workers" will be discussed by Dr. John H. Folger and Dr. Normal Joliffe.

The meeting is expected to be of particular interest to health departments, cafeteria operators, safety, welfare, and personnel departments, physicians, and nurses.

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Future meetings are being planned at several plant cafeterias so that differences in operation, menus, equipment, personnel management can be observed and adapted where feasible.

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MEAT EXTENDERS, ALTERNATES

BALANCE POINT BUDGET

Meat rationing gives everyone an opportunity to buy a fair share of the available meat, but it does not, of course, always provide for a choice quality of meat. Because the country's meat supply was becoming tighter, many point-free cuts went back on the ration list early this year so that everyone could get a share of the available supply.

Today the housewife is confronted with the problem of providing her family with nutritious meals which use the available meats and which the family will enjoy. The problem requires skill and resourcefulness, but the point-thrifty housewife accepts the challenge as a part of her wartime routine. She balances her ration points through careful meal planning, she considers it her patriotic duty to make use of the available foods, and she gives her family meals which are nutritious and delicious, too. Here's how she does it.

She Knows Her Meat Extenders

Meat-extender dishes are made by combining meats with other foods, such as vegetables, cereals, legumes, milk, and eggs. When meats are extended it must be remembered that the meat flavor is extended but its food value; therefore, good-sized portions of meat-extender dishes should be served. If a comparatively small amount of meat has been used in the main dish, the protein value of the meal may be improved by serving a dessert made with milk and eggs. For example, if stuffed green peppers have been served as the main dish, then the nutritive value of the meal will be improved if baked custard is used as the dessert.

She Knows Her Meat Alternates

Meat alternates are those dishes used in place of meat. Poultry, fish, cheese, eggs, milk, dry peas and beans, soybeans, and peanuts are all good sources of protein and can be used as meat alternates, interchangeably with meat. Legumes and nuts, however, contain protein of lower nutritive value than animal protein. When these are used as alternates for meat, the nutritive value of the meal is improved by serving milk, cheese, or eggs, whether in combination with or accompanying these meat alternate dishes.

She Knows and Uses the Point-Free Meats

Ration-free Utility lamb and veal are good meats and are just as high in nutritive value as top grades of the corn-fed meats. The secret of a delicious main dish of Utility meats is in the cooking -- low temperature with moist heat. Stews, meat pies, meat loaves, boiled dinners of the point-free Utility lamb and veal or the point-free mutton help to balance the family ration-point budget.

Other no-point meats for the family are hearts, kidneys, lamb and pork liver, sweetbreads and tongue. Don't be discouraged if at first the family is inclined to turn up their noses at these cuts. Try them again, in various ways, because often an unfamiliar food, spurned at first introduction at the family table becomes a favorite if given half a chance. The stuffed heart and the beef and kidney pie, unfamiliar to many a family before the war, are now popular with many.

She Serves Well-Planned, Nutritious Meals

Planning is more than half the

(Cont. on Page 3)

NATIONAL WARTIME NUTRITION GUIDE is available in quantity upon request. The leaflet points the way to good menu planning and easy food shopping by dividing foods into seven basic groups. Some food from each main group should be served daily. Write War Food Administration, 150 Broadway, New York 7, N.Y.

PLANNED MEALS (Cont. from Page 2)

battle. When each day's meal must be made around the meat available in the market, last-minute shifts must often be made at the butcher's counter. This demands that meal plans be flexible so substitutions can be made readily.

The following menus for one week show how a family of four can have good, nutritious dinners by using the currently abundant foods. These dinners are easy on the pocketbook as well as on the ration points:

Sunday

Chicken fricassee
Mashed potatoes - Green beans
Orange salad
Hot biscuits - butter or fortified margarine
Vanilla ice cream - honey sauce
Milk

Monday

Lamb stew with potatoes, onions and carrots
Red apple and celery salad
Enriched bread
Butter or fortified margarine
Hot gingerbread
Milk

Tuesday

Braised stuffed beef heart - Gravy
Parsley potatoes
Green peas - Celery curls
Whole-wheat bread
Butter or fortified margarine
Chocolate pudding
Milk

MENUS

Wednesday

Pot roast of beef - Gravy
Browned potatoes - Spiced beets
Shredded lettuce salad
Enriched bread
Butter or fortified margarine
Raisin rice pudding
Milk

Thursday

Spaghetti with meat sauce
Cooked carrot strips
Mixed green salad with French dressing
Whole-wheat bread
Butter or fortified margarine
Baked custard
Milk

Friday

Broiled fillet of halibut - Lemon slice
Fresh spinach - Baked potatoes
Chopped cabbage and green pepper salad
Enriched bread
Butter or fortified margarine
Oatmeal cookies
Milk

Saturday

Pork Sausage
Baked sweetpotatoes
Boiled green cabbage - Crisp carrot sticks
Whole-wheat muffins
Butter or fortified margarine
Baked apples with top milk
Milk

MAKING THE MOST OF THE MEATS IN INDUSTRIAL FEEDING

is just off the press

Fill out and return this form if you wish a copy

Plant name _____

By (title) _____

Address _____

Clip and send this form to the War Food Administration, 150 Broadway New York 7, N.Y.